



Pre & Post Instructions for *Skin Medica Rejuvenize Chemical Peel*

Pre Peel

- You should avoid strenuous exercise starting the day of the procedure and while the skin is peeling. You should not have just been waxed, lasered, microdermed, or had any other aggressive exfoliation. Stop Retin-A or acids one week prior. If you have an aspirin or salicylic acid allergy you CANNOT have this peel.
- All skin is different, and so are our pain tolerances. Most people have quite a significant sting. We have a hand held fan that you can use if you find it helpful.
- After your appointment your skin may feel tight and it most likely will be more red than usual. Your skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours. (similar looking to a spray tan)

Post Peel

- **Avoid sun exposure**, aggressive exfoliation, facials, microdermabrasion, waxing, injectable fillers, laser treatments, and Botox. You need to wait until the skin has fully stopped peeling prior to any of these procedures. A minimum of 1 week. **DO NOT PICK OR PULL THE SKIN.** Allow skin to peel at its own pace. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation.
- In the first 24 hours your skin may be tight until it starts to peel. Skin may feel warm.
- You should wait until bedtime before washing your face the day of the peel. If that feels like it's too soon, wait to cleanse in the morning. Use a gentle soap-free cleanser like something for sensitive skin and definitely something that is made for the face. Do not scrub or use a washcloth while the skin is peeling. Moisturize very regularly, as often as needed to relieve any dryness or to control the peeling. Apply SPF 30+ in the AM and throughout the day. Avoid direct sunlight for at least 2-3 full weeks. .
- Peeling will generally start between 48-72 hours after the procedure, and can last 2 to 5 days, or sometimes longer. Some areas will peel before others. If you do touch an area that is peeling, do not pull off what isn't falling off – this can lead to pigmentation change and scarring. Some people have a mild second wave of peeling a week later.
- The degree of peeling may vary depending on the individual's skin type and skin condition at the time of the peel. The success of the peel shouldn't be determined by the amount of peeling, but by the end results that the peel will produce. Regardless of the degree of peeling, the skin is still sloughing off at an accelerated rate, which will result in improvement of skin tone and texture, and diminishment of fine lines and pigmentation.
- Reasons why some patients experience decreased visible peeling:
 - Receiving your 1st peel
 - Severe sun damage – increased peeling may happen in future peels
 - Having peels regularly with a short interval between peels
 - Frequent use of Retin- A, alpha-hydroxy acids or other peeling agents prior to the peel treatment
- You can resume the regular use of Retin-A, retinol, alpha-hydroxyl acid, (AHA) products or bleaching creams ONLY after the peeling process is fully completed.
- For maximum results, you can get a peel every 4-6 weeks until desired results are achieved. Results are cumulative and maximum benefits are seen with a series of 3 or more peels.